

# Virtual Center for Active Adults



## Wake up to Wellness!

Set your alarms for Monday's at 9 AM!  
Join our social work interns to address the different dimensions of wellness through:

- interactive activities
- presentations
- the latest news & information.

### Mondays

9:00 AM – 10:00 AM

### Social Space

Social Play Achieve Create Edu-tain

### ZOOM Platform

Meeting ID: 901 875 2818

Passcode: 8727

Direct Link: [bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE)

Call in Number: 1-301-751-8592;

901-875-2818#; 0#; 8727#



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

# Virtual Center for Active Adults



**Tuesday March 2, 2021:**

## **VIRTUAL Medicare 101 Workshop**

**10:15a.m.-11:45a.m.**

Learn if you are eligible for Medicare, how to enroll, the different options such as Part A, B, C and D. and any new changes to Medicare for the 2021 year.

You must register to attend the workshop online at:

<http://bit.ly/VCAAvicapMAR21>

call 703-339-7676 to register by phone



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# COVID-19 VACCINES

Are you interested in receiving the vaccine?

The Fairfax County Health Department will be going over the current COVID-19 vaccines, vaccine safety, distribution priority groups, what to expect when it's your turn, and how to register for an appointment.

In English: March 3, 2021 | 9 a.m.

In Mandarin: March 19, 2021 | 9 a.m.

In Spanish: February 26, 2021 | 9 a.m.

Zoom Platform: <https://bit.ly/VCAASocialSPACE>

Meeting ID: 901 875 2818 | Password: 8727



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presents

## ***Reeves Rx-Relax Adapted Yoga***

Yoga and mindfulness can be helpful for over 100 physical and mental health conditions. This **FREE** seated yoga class is designed for people with mobility concerns, people with multiple health conditions and their caregivers.

Classes are aimed at maintaining independence, rejuvenating health, developing a more robust brain and resilient outlook on life.

No prior experience, special clothing or equipment is required.

It's easy-to-do, effective, and a lot of fun!

This experience is brought to Fairfax County Neighborhood and Community Services through a special partnership with **The Christopher & Dana Reeve Foundation** and **Rx Relax**.

**When: Thursdays starting March 4, 2021- NO REGISTRATION REQUIRED**

**Time: 1:15p.m.-2:15p.m.**

**Location:**

**Fit & FAB**

**Flexible Active Balance**

**ZOOM Platform**

**Meeting ID: 905 123 5932**

**Passcode: 3636**

**Direct Link: [bit.ly/VCAAFitFAB](https://bit.ly/VCAAFitFAB)**

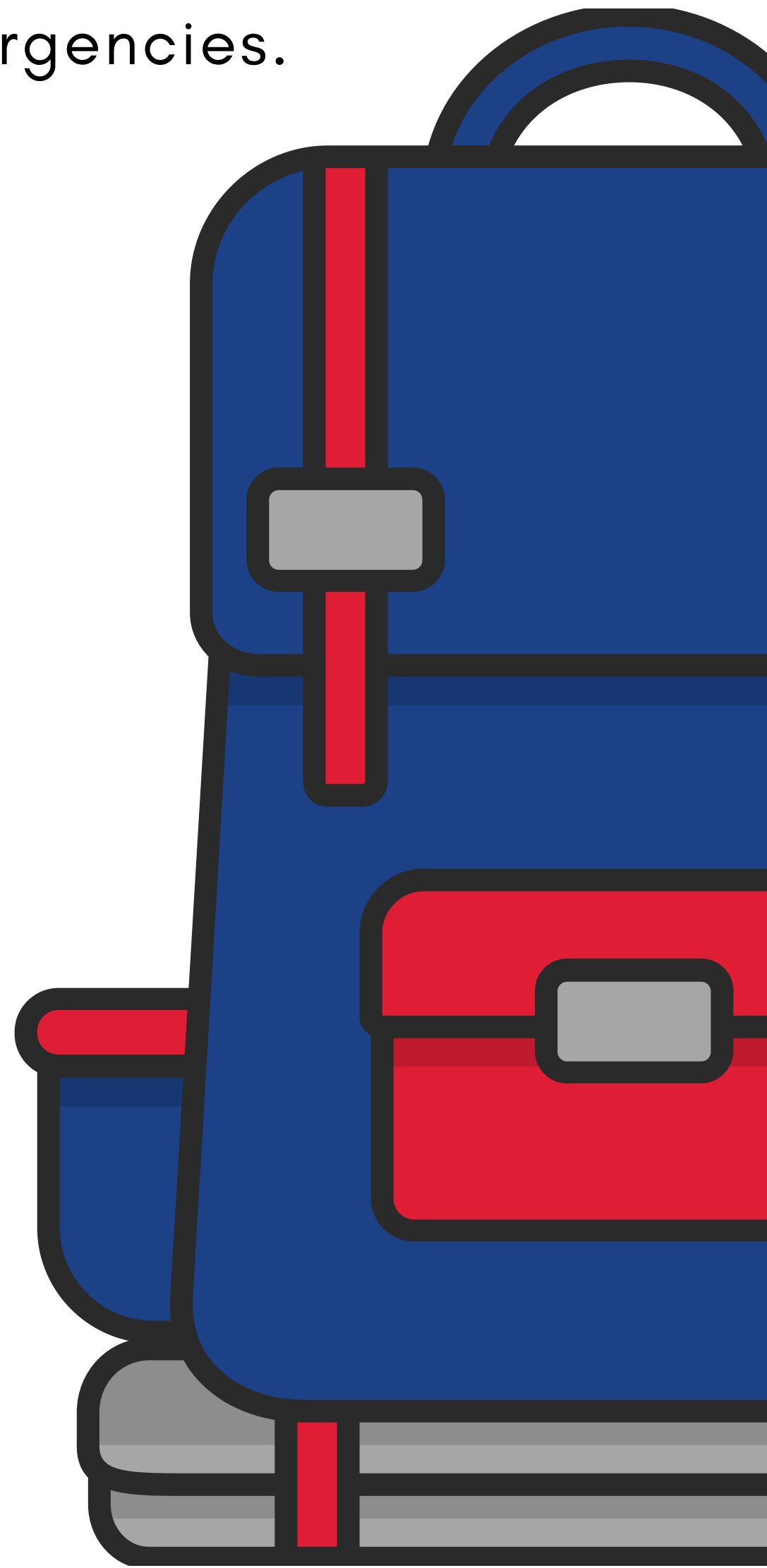
**Call in Number: 1-301-751-8592; 905-123-5932#; 0#; 8727#**



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# ARE YOU REEAADY?

Join Service Source, NCS Virtual Center for Active Adults, and the Fairfax County Office of Emergency Management to learn about how to prepare for emergencies.



**10:30am**

**March 5, 2021**

Location: Social Space

Social Play Achieve Create Edu-tain

ZOOM Platform

Meeting ID: 901 875 2818

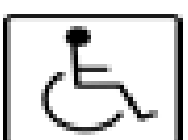
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**Virtual Center**  
*for Active Adults*



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LET'S CHAT!!

# ST. PATRICK'S DAY LUNCH BUNCH

Friday, March 12, 2021 at 12:00pm EST

Be sure to wear something green!

## How to join:

Date: 03/12/21

Time: 12:00pm

Location: Social Space ZOOM  
Platform

Meeting ID: 901 875 2818

Passcode: 8727

Direct Link:

[bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE)

Call in

Number: 1-301-751-8592; 901-875-  
2818#;

0#; 8727#



Join us as we  
discuss Irish  
food, music,  
culture, and  
more! Chat,  
socialize, and  
as always:  
**HAVE FUN!**



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# Book Lovers Unite!



**If you love reading, sharing book recommendations and great conversation, please join us at the Virtual Center for Active Adults (VCAA) Book Club!!! Grab a snack, a beverage, your book and meet new friends!**

**3<sup>rd</sup> Friday of each month 10:30 - 11:30am**

**March 19<sup>th</sup> Book: Remarkable Creatures by Tracy Chevalier**

**Social Space**

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# ***Low Vision*** ***Is your vision less than it used to be?***

**Join us for a special presentation with Sandy Neuzil, Low Vision Community Outreach Facilitator for the Prevention of Blindness Society of Metropolitan Washington! Learn how to identify vision changes, available tools, and community resources!**

**Date: Thursday, March 25<sup>th</sup> 2021**

**Time: 10:30am**

**Location:**

**Social Space**

**Social Play Achieve Create Edu-tain**

**ZOOM Platform**

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# Engagement Through Technology

*Breaking down barriers to provide virtual support activities  
to older adults and people with disabilities.*

ServiceSource Virginia's Senior Services team is designing and implementing creative digital strategies to stay connected with participants who are unable to leave their homes during this pandemic. To help those we serve access the technology needed to take part in these activities, the ServiceSource Foundation launched the **Technology Grant Program**.

**This program will help to provide tablets to older adults and  
people with disabilities who need them the most.**

***We could use your help!***

To support our efforts, consider making a donation to the ServiceSource Foundation by visiting [www.servicessource.org/donate](http://www.servicessource.org/donate). You can also mail a check to:  
**ServiceSource Foundation, 10467 White Granite Drive, Oakton, VA 22124.**

If you would like your donation to specifically support the **Technology Grant Program**, please note your designation in the comment box online or the memo line of your check. *All donations are tax deductible.*



**Questions? Contact Senior Services at  
[VASeniorServices@ServiceSource.org](mailto:VASeniorServices@ServiceSource.org) or 703-970-3636**

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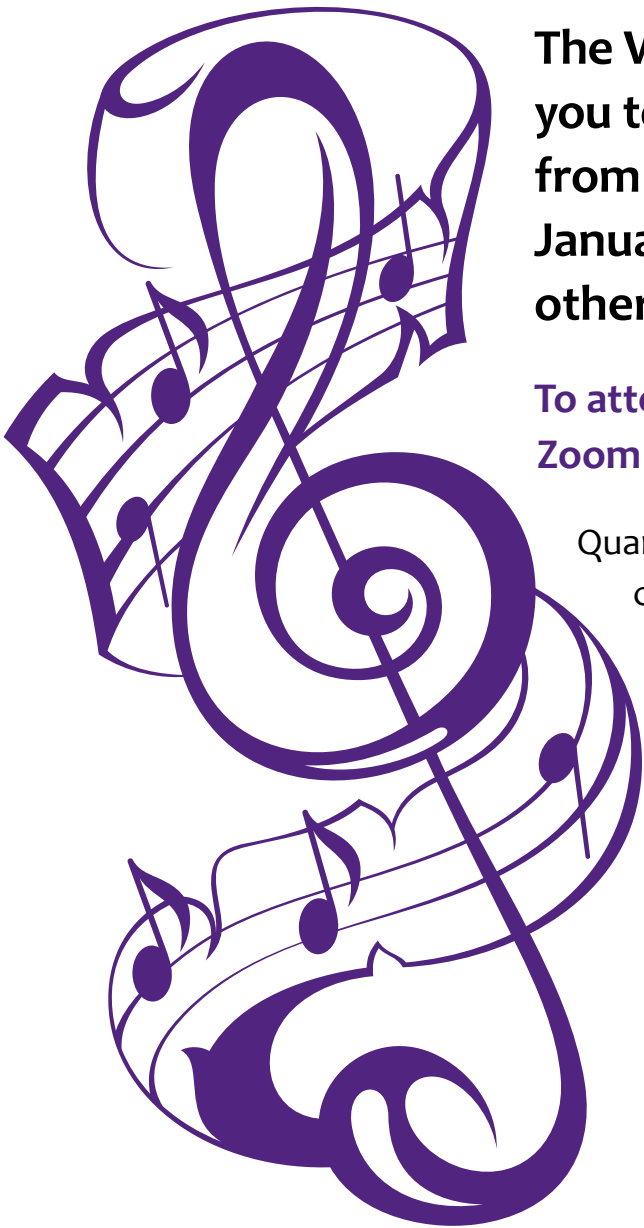
# Friday Evening Concert Series

## with Quarantine Music Busters

The Virtual Center for Active Adults invites you to join us for live concerts by musicians from Quarantine Music Busters. Starting January 15, concerts will take place every other Friday at 7 p.m.

To attend, simply log onto the VCAA's Social SPACE Zoom account at [bit.ly/VCAASocialSPACE](https://bit.ly/VCAASocialSPACE)

Quarantine Music Busters (QMB) is a student-founded, community-based organization dedicated to providing free entertainment and solace through music via virtual or in-person concerts during the COVID-19 pandemic. The QMB is made up of 29 musicians, ranging from freshmen to high school graduates who perform on a variety of instruments in the genres of classical, jazz and show tunes.



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